



Teaneck Senior Center

Township of
Teaneck



Spring Season 2021

Designed by:
Zohna Jones & Andrea Robinson

Spring Is In The Air!



We welcomed a new year, 2021 and we're excited to bring you the spring edition of our newsletter! We have been continuing our wellness checks and are just happy to hear your voices.

Virtual Classes are here!

Check out our physical fitness and educational class offerings on the Township Website: <https://www.teanecknj.gov/senior-programs>.

The Senior classes are also playing on **Cable TV**
Channel 77 on Altice (Optimum) or Channel 47 on FIOS!

Spring 2021 Outdoor Classes!

The Senior Center will be offering an array of **outdoor classes** for the 2021 Spring Session. Information can be found on the Township Website starting March 9th. The 10 week Outdoor Spring Session will run from Monday, April 12th to Friday, June 18th.

We will continue to use the Township Website as our way of communicating any updates:

<https://www.teanecknj.gov/senior-programs>

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Health & Wellness



Spring Tune Up for Seniors!

- Get out in the garden
- Soak up warm sunshine safely.
- Walk outdoors in nature each day.
- Lighten up your diet with spring seasonal foods.
- Drink more water when exercising.

Nurse Kathy Powers R.N.

Resource Corner

Professional Services

Holy Name Medical Center Nurse, Kathleen Powers, R.N., will be on-site Tuesday-Friday from 10:00-2:00pm for Blood Pressure Screenings by **APPOINTMENT ONLY**.

Please call the Senior Center
at 201-837-0171 or 201-837-7130 to make an appointment.



NJ SNAP-ED

Eating Smart, Being Active (ESBA) is a free nutrition education program, on eating smart and being active. This workshop will be conducted via Zoom on the following dates:

Lesson 3: Plan, Shop, & Save, March 9, 2021

Lesson 4: Fruits & Veggies, March 16, 2021

Lesson 8: Make a Change, March 23, 2021

Location: Zoom— Bergen County Division of Senior Service

Contact/Registration: Jaclyn Murphy—jamurphy@co.bergen.nj.us

Cle'Anna Webster—cwebster@cfnj.org

Zoom Information to participate:

Call using the phone number: 929-205-6099 US (New York)

Meeting ID: 92306695388

Passcode: 883394

2021 AARP Foundation Tax-Aide Service

AARP Foundation Tax-Aide provides in person and virtual tax assistance to anyone free of charge with a special focus on taxpayers who are over 50 years old or have low to moderate income. Appointments are **required**. Tax Aid sites that are currently open:

Passaic Forstman Library

195 Gregory Avenue
Passaic, NJ 07055
201-743-9108

Maplewood Burgdorff Center

10 Durand Road
Maplewood, NJ 07040
973-763-9357
(CURRENTLY FULL)

Recipe Corner: Crispy Baked Chicken Thighs



Spring Has Sprung!

Ingredients:

- 6-8 chicken thighs
- 2 tablespoons olive oil
- 2 teaspoons of salt
- 1 teaspoon black pepper
- 2 teaspoons of garlic & onion powder
- 2 teaspoons of Italian seasoning
- 1 teaspoon paprika



*Recipe Courtesy of
The Salty Marshmallow*

Instructions:

- Preheat oven to 400°
- Line a large baking sheet with foil for easy clean up.
- Clean and pat dry chicken thighs and arrange on baking sheet.
- Drizzle with olive oil, rubbing it into the chicken to coat
- In a small bowl mix together the remaining seasonings and sprinkle over the chicken evenly.
- Bake for 35-45 minutes until crispy.

Words of Wisdom

*"Spring will come
and so will
happiness.
Hold on. Life will
get warmer."*

-Anne Krizzan

Light Up Your Life: DIY Project

This is a fun activity to add some light to your life! Small LED wire lights are designed to fill a bottle, vase, or mason jar to create a dazzling light effect. They can be used as a centerpiece for your tables, so find your special bottles, fill them with light and watch your room glow!



Materials Needed:

- Empty bottle, vases, or mason jars.
- LED wire lights in assorted colors which can be bought from Target, Home Depot, or over Amazon.
- Get creative!